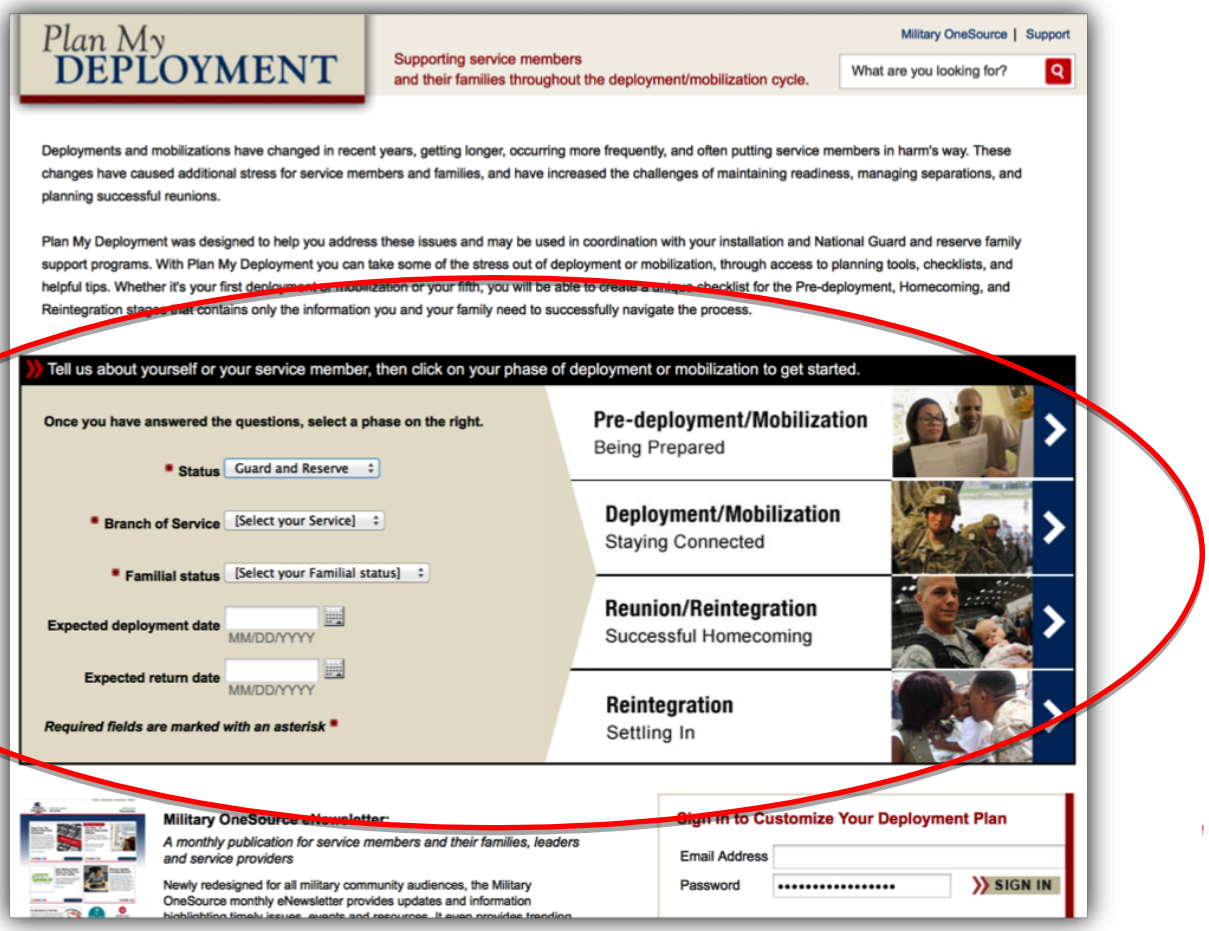
Military OneSource

Pre-deployment Support

Deployment cycle resource: Plan My Deployment


Plan My DEPLOYMENT
Supporting service members and their families throughout the deployment/mobilization cycle.
Military OneSource | Support
What are you looking for?
Deployments and mobilizations have changed in recent years, getting longer, occurring more frequently, and often putting service members in harm's way. These changes have caused additional stress for service members and families, and have increased the challenges of maintaining readiness, managing separations, and planning successful reunions.
Plan My Deployment was designed to help you address these issues and may be used in coordination with your installation and National Guard and reserve family support programs. With Plan My Deployment you can take some of the stress out of deployment or mobilization, through access to planning tools, checklists, and helpful tips. Whether it's your first deployment or mobilization or your fifth, you will be able to create a unique checklist for the Pre-deployment, Homecoming, and Reintegration stages that contains only the information you and your family need to successfully navigate the process.
Tell us about yourself or your service member, then click on your phase of deployment or mobilization to get started.
Once you have answered the questions, select a phase on the right.
Status
Guard and Reserve
Branch of Service
[Select your Service]
Familial status
[Select your Familial status]
Expected deployment date
MM/DD/YYYY
Expected return date
MM/DD/YYYY
Required fields are marked with an asterisk
Pre-deployment/Mobilization
Being Prepared
Deployment/Mobilization
Staying Connected
Reunion/Reintegration
Successful Homecoming
Reintegration
Settling In
Military OneSource Newsletter:
A monthly publication for service members and their families, leaders and service providers
Newly redesigned for all military community audiences, the Military OneSource monthly eNewsletter provides updates and information
Sign In to Customize Your Deployment Plan
Email Address
Password
SIGN IN

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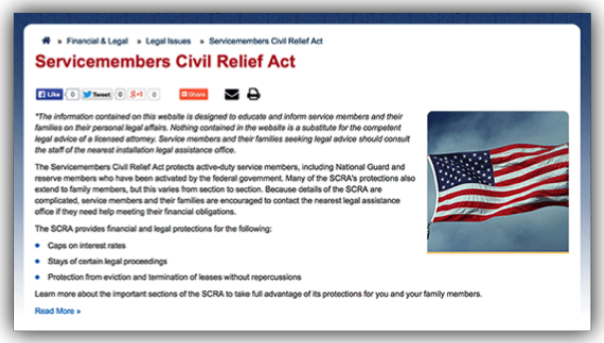
Pre-deployment: service members

Topics

- Preparing yourself financially and legally
- Equipping yourself physically
- Taking care of your property and pets
- Ensuring your family is covered

Resources

Double Duty
Over There
Stories and insights from mothers who have deployed
with Dr. Heidi Squier Kraft and service members across the branches


Servicemembers Civil Relief Act
The Servicemembers Civil Relief Act protects active-duty service members, including National Guard and reserve members who have been activated by the federal government. Many of the SCRA's protections also extend to family members, but this varies from section to section. Because details of the SCRA are complicated, service members and their families are encouraged to contact the nearest legal assistance office if they need help meeting their financial obligations.
The SCRA provides financial and legal protections for the following:
Caps on interest rates
Stays of certain legal proceedings
Protection from eviction and termination of leases without repercussions
Learn more about the important sections of the SCRA to take full advantage of its protections for you and your family members.
Read More »

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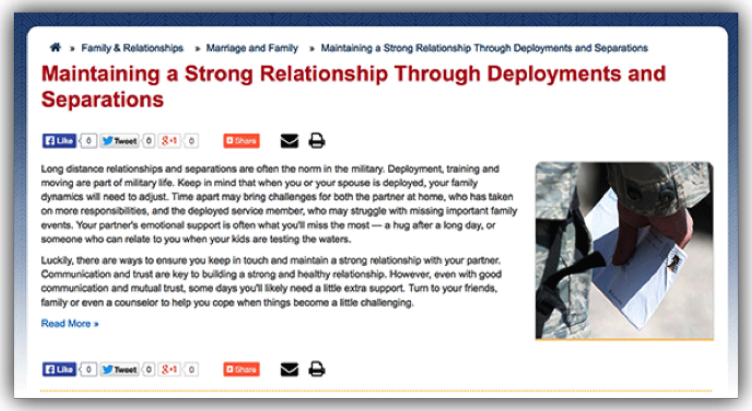
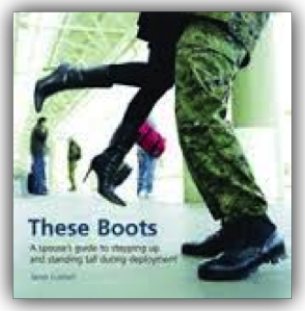
Pre-deployment: spouses and significant others

Topics

- Preparing yourself emotionally
- Ensuring your home and life are ready
- Getting your family unit equipped

Resources


Family & Relationships » Marriage and Family » Maintaining a Strong Relationship Through Deployments and Separations
Maintaining a Strong Relationship Through Deployments and Separations
Long distance relationships and separations are often the norm in the military. Deployment, training and moving are part of military life. Keep in mind that when you or your spouse is deployed, your family dynamics will need to adjust. Time apart may bring challenges for both the partner at home, who has taken on more responsibilities, and the deployed service member, who may struggle with missing important family events. Your partner's emotional support is often what you'll miss the most — a hug after a long day, or someone who can relate to you when your kids are testing the waters.
Luckily, there are ways to ensure you keep in touch and maintain a strong relationship with your partner. Communication and trust are key to building a strong and healthy relationship. However, even with good communication and mutual trust, some days you'll likely need a little extra support. Turn to your friends, family or even a counselor to help you cope when things become a little challenging.
Read More »



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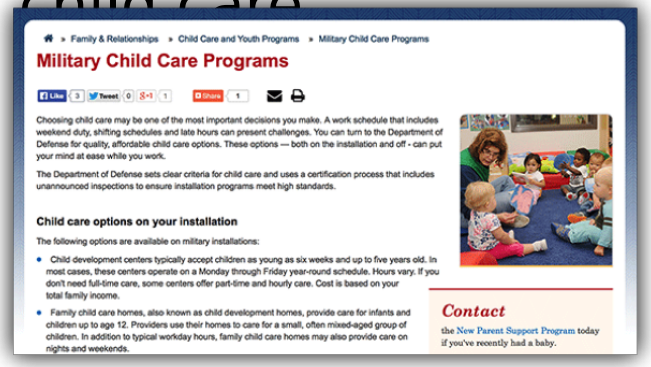
Pre-deployment: children

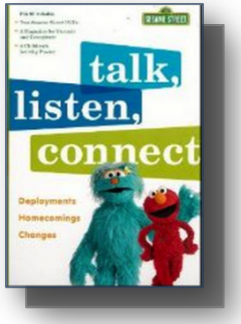
Topics

- Preparing your children
- Interacting and connecting with your children
- Entertaining and educating your children
- Reviewing child care options

Resources

Family & Relationships » Child Care and Youth Programs » 7 Things to Consider When Looking for Child Care
7 Things to Consider When Looking for Child Care
Choosing the right child care provider is likely one of the most important decisions you'll make as a parent because of the impact it can have on your child's overall growth and development. Wondering where to begin? Starting your search is easier than you might think.
Things to consider
Every child is unique. So when you start evaluating your child care options, it's important to consider your child's age, personality and needs. You should also factor in practical things, like your work schedules, transportation and extracurricular activities. Start your search by making a list of the most important, non-negotiable points about your child's care. Then, rank any child care options available on your installation or in the local area against that list.
Here are some things to help guide you through your decision-making process:
Your child's needs
Some children need small, quiet groups, while others thrive in larger circles with lots of activity. Your child's age and personality will help you determine the best social environment for the child, and it's also important you have peace of mind about your decision and your child's well-being. To gauge
Learn
more about military child care programs.


Family & Relationships » Child Care and Youth Programs » Military Child Care Programs
Military Child Care Programs
Choosing child care may be one of the most important decisions you make. A work schedule that includes weekend duty, shifting schedules and late hours can present challenges. You can turn to the Department of Defense for quality, affordable child care options. These options — both on the installation and off - can put your mind at ease while you work.
The Department of Defense sets clear criteria for child care and uses a certification process that includes unannounced inspections to ensure installation programs meet high standards.
Child care options on your installation
The following options are available on military installations:
Child development centers typically accept children as young as six weeks and up to five years old. In most cases, these centers operate on a Monday through Friday year-round schedule. Hours vary. If you don't need full-time care, some centers offer part-time and hourly care. Cost is based on your total family income.
Family child care homes, also known as child development homes, provide care for infants and children up to age 12. Providers use their homes to care for a small, often mixed-aged group of children. In addition to typical workday hours, family child care homes may also provide care on nights and weekends.
Contact
the New Parent Support Program today if you've recently had a baby.



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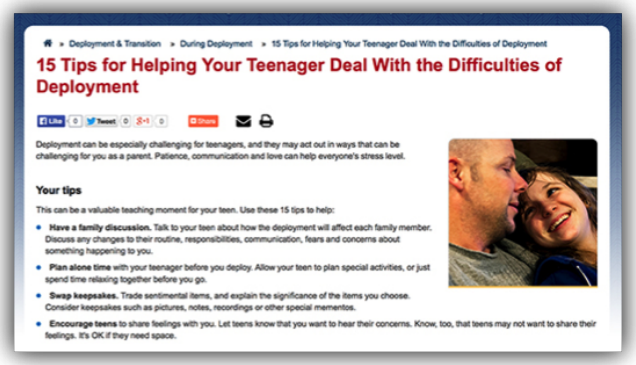
Pre-deployment: teens

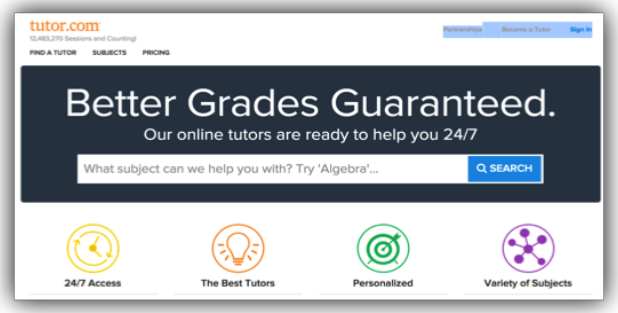
Topics

- Preparing your teens
- Interacting and connecting with your teens
- Entertaining and educating your teens

Resources

Deployment & Transition » During Deployment » Staying Connected With Your Child's Teachers During a Deployment
Staying Connected With Your Child's Teachers During a Deployment
You may be thousands of miles from home, but you can still be a dynamic partner in your child's education. With the unstoppable combination of communication technology and parental interest, you can keep up with their grades and stay in touch with their teachers, no matter where you are. Let your children know that school/education is important — whether you are home or deployed. Set the stage for success.
Meet with your child's teacher before you prepare for deployment so you can work out a plan to stay connected.
Use your school's online resources. Department of Defense schools use GradeSpeed to keep families up to date on grades and attendance. Civilian schools may have other services.
Ask your partner at home to be your "boots on the ground" for all things educational. Reinforce your partner's role to your children – set your partner up for success.
It may not be easy to stay connected while you're deployed, but it's worth it. Kids tend to do better in school when their parents are involved in their education.


Deployment & Transition » During Deployment » 15 Tips for Helping Your Teenager Deal With the Difficulties of Deployment
15 Tips for Helping Your Teenager Deal With the Difficulties of Deployment
Deployment can be especially challenging for teenagers, and they may act out in ways that can be challenging for you as a parent. Patience, communication and love can help everyone's stress level.
Your tips
This can be a valuable teaching moment for your teen. Use these 15 tips to help:
Have a family discussion. Talk to your teen about how the deployment will affect each family member. Discuss any changes to their routine, responsibilities, communication, fears and concerns about something happening to you.
Plan alone time with your teenager before you deploy. Allow your teen to plan special activities, or just spend time relaxing together before you go.
Swap keepsakes. Trade sentimental items, and explain the significance of the items you choose. Consider keepsakes such as pictures, notes, recordings or other special mementos.
Encourage teens to share feelings with you. Let teens know that you want to hear their concerns. Know, too, that teens may not want to share their feelings. It's OK if they need space.



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Pre-deployment: financial

Topics

- Establishing or updating a budget
- Considering large purchases
- Managing money
- Housing issues

Resources

- Financial counseling
- Financial calculators
- Consumer reports
- Podcasts and materials

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